

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in this application.

1-6. (Canceled)

7. (Currently Amended) ~~The composition according to any one of claims 1 to 5~~ A composition comprising ground lotus and/or a lotus extract and a lactic acid bacterium, wherein the composition is a constipation-relieving drug, a constipation-relieving food additive, or a constipation-relieving food.